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The Coast Guard on Monday laid out its plans to remove the 79-foot fishing vessel Pacific Paradise from the reef off Kaimana Beach, where it has been since it ran aground Oct. 10.

Plan set to remove vessel from reef

The new effort to dislodge the Pacific Paradise could take at least two weeks

By Timothy Hurley
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The Coast Guard announced a new plan Monday that aims to remove the 79-foot fishing boat stranded off Waikiki within 2-1/2 weeks, weather permitting.

Capt. Michael Long, commander of Coast Guard Sector Honolulu, said the plan was formulated with the help of a half-dozen experts from across the nation and is likely to cost the vessel's owner as much as $1 million.

"I know this has taken a lot longer than any of us wanted, and I'm going to ask for your continued patience as we work with this very difficult process," Long told the news media at Coast Guard district headquarters Monday morning.

But officials at Waikiki Aquarium continue to be worried about fuel leaks from the boat stuck on the reef just 400 yards offshore.

Fearful of contaminating the exhibits, the aquarium stopped taking water from the ocean and is now using less-than-optimal salt water from a well underneath the property, Waikiki Aquarium Director Andrew Rossiter said Monday afternoon.

"It's a huge, huge inconvenience," he said.

Rossiter said state officials have assured him that the results of twice-weekly water testing have

Please see **BOAT,** *A3*

INSIDE

UH tops Troy 72-67 in OT

Rainbow Warriors take Rainbow Classic title

SPORTS / C1

Saint Louis wide receiver Quinn steps into the spotlight

HAWAII PREP WORLD / C5

Trump scheduled to return to Oahu this morning for Air Force One refueling stop

LOCAL / B3

PRESSURE'S ON

New standards will mean nearly half of American adults have high blood pressure, the American Heart Association reports

New York Times

The nation's leading heart experts have issued new guidelines for high blood pressure that mean tens of millions more Americans will meet the criteria for the condition and will need to change their lifestyles or take medicines to treat it.

Under the guidelines, issued Monday and formulated by the American Heart Association and the American College of Cardiology, the number of men younger than 45 with a diagnosis of high blood pressure will triple, and the prevalence among women younger than 45 will double.

"Those numbers are scary," said Dr. Robert M. Carey, professor of medicine at the University of Virginia and co-chairman of the committee that wrote the new guidelines.

The number of adults with high blood pressure, or hypertension, will rise to 103 million from 72 million under the previous standard. But the number of people who are new candidates for drug treatment will rise only by an estimated 4.2 million people, he said. To reach the goals, others might have to take more drugs or increase the dosages.

Few risk factors are as important to health. High blood pressure is second only to smoking as a preventable cause of heart attacks and strokes, and heart disease remains the leading killer of Americans.

If Americans act on the guidelines and lower their blood pressure by exercising more and eating a healthier diet, or with drug therapy, they could drive an already falling death rate from heart attacks and stroke even lower, experts said.

Now high blood pressure will be defined as 130/80 millimeters of mercury or greater for anyone with a significant risk of heart attack or stroke. The previous guidelines defined high blood pressure as 140/90. The first

Please see **PRESSURE,** *A3*

WHAT THE CHANGES MEAN

New guidelines define high blood pressure as 130/80 for anyone with a significant risk of heart attack or stroke. The guidelines set new categories and get rid of "prehypertension":

- >> **Normal:** Less than 120 over 80
- >> **Elevated:** Top number 120-129 and bottom less than 80
- >> **Stage 1:** Top of 130-139 or bottom of 80-89
- >> **Stage 2:** Top at least 140 or bottom at least 90
- >> **That means** 46 percent of U.S. adults have high pressure (stages 1 or 2) versus 32 percent under the old levels.
- >> **The number** of adults with high blood pressure will rise to 103 million from 72 million under the previous standard.

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